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HOCKEY TEAM'S PLANE CRASHES
CANADIAN COACH AMONG DEAD {page 4}

CROSBY
HE'LL BE BACK ... BUT WHEN? {page 20}

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Thursday, September 8, 2011
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News worth sharing.

Baseball Canada's 'sacred ground'

Contest gave people glimpse of best amateur parks in country ◗ London community 'took to' the competition: Baseball Canada ◗ More than 19,000 votes were cast in two-week final

Thousands of people have confirmed what many Londoners already knew — Labatt Park is the most beloved ballpark in the country.

The field brought home the title yesterday, beating out Thunder Bay's Port Arthur Stadium in Canada's Favourite Ballpark contest. Officials from Baseball Canada, the contest's sponsor, will visit London in coming months to hang a banner touting the achievement at the park.

Jim Baba, Baseball Canada executive director, said the trip will be co-ordinated with the man who nominated Labatt — Joe O'Neill, commissioner of the Intercounty Baseball League, which includes the London Majors.

Labatt field is important not just for its beauty but also for its rich 134-year history that makes it "truly a baseball park," said O'Neill, president of the London and District Baseball Association.

"It's sacred ground."

Baba has been to the field several times and understands why it took 63 per cent of the final vote.

"It's tremendous sitting in that ballpark, looking out at the city of London," Baba said. "It's a great way to watch a baseball game."

The ballpark contest started in June with 40 submissions. The field was narrowed to 16 by Baseball Canada's staff, and from there, people cast online votes.

ANGELA MULLINS

▶ Joe O'Neill, commissioner of the Intercounty Baseball League and president of the London and District Baseball Association, declares victory yesterday at Labatt Park. O'Neill submitted the photos and penned the 200-word essay that helped garner the field its new title as Canada's Favourite Ballpark.

ANGELA MULLINS/METRO

Reader responses

We asked Londoners through social media what makes Labatt Park special. Here's what you said:

Twitter

- **@tbkCreative** "it's obviously special based on how much support it had from the #lndont community during the competition! ^JG"
- **@chriscraigman** "the uncomfortable seating, the crackling sound system & the unhealthy (yet so good) ballpark food make #LabattPark the best."
- **@dartscott** "what makes Labatt Park special is quality events and having the park looked after by dedicated groundskeepers"
- **@ButchMcLarty** "Labatt Park is a "baseball paradise garden" with a long history dating back to 1877 (world's oldest baseball grounds)."
- **@Sadie_Liz** "It is the history! It is the oldest continuously operated baseball grounds in the world! So many memories!"
- **@phronk** "TEAR 'EM UP TIGERS, LET'S GO. That is all."

Facebook

- **Ryan Valdron:** "As a former player, when standing in the batters box, the view towards the downtown London skyline is breathtaking."
- **Ann Martin:** "as someone that strongly believes in the preservation of Heritage i think this announcement is very important for London. It is an amazing part of our downtown core that sometimes seemed to be forgotten....until now!"
- **Dylan Madge:** "won a homerun derby there way back in the day."

A brief park history

Labatt Park opened as Tecumseh Park in 1877. It bills itself as the world's oldest baseball park in continuous use.

1 news

What does spring break have to do with teen-pregnancy rates? Scan code for the story.

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On the web at metronews.ca

Jason Priestley gives a hint of what to expect from the upcoming season of Call Me Fitz. Video at metronews.ca

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Cops wanna know what you need

METRO FILE

London police are researching the community's needs as part of the three-year business-planning process. About 4,000 surveys will be mailed to randomly selected households is scheduled for this week. Residents who receive the survey are encouraged to participate by completing and returning the survey by the requested return date. The survey will provide an opportunity to share opinions, needs, and concerns with London police.

Residents who won't be receiving a survey, or would like to provide additional input, are invited to attend the upcoming public consultations, which will be scheduled in November. For more information, visit police.london.ca. METRO

Knights trade left-winger

The London Knights have traded left-winger Danny Elser to the Belleville Bulls for a conditional 15th-round pick in 2014.

Elser, 18, had a goal and five points in 34 games for London last season.

Tickets are still available for the Knights preseason game today vs. the Kitchener Rangers and tomorrow vs. the Plymouth Whalers at the John Labatt Centre. Please call (519) 681-0800, ext. 1, to get tickets. METRO

Hanging. Around

▶ Taylor Karpyshyn, 18, of St. Catharines, gives Thomas Fox, 24, of Owen Sound a push yesterday at Ivey Park. The Fanshawe College theatre students were spending one of their first days in London and decided to see what the Thames River waterfront had to offer.

ANGELA MULLINS/METRO

Getting into the swing of this whole college thing

News of job growth not likely for Forest City

Economic expert says recovery will take longer than 1 month Numbers coming tomorrow likely to be 'higher than where we want to be': White

At least one expert with his finger on the local economic pulse isn't expecting any huge surprises when August unemployment numbers are made public tomorrow.

"We might see a small adjustment of 0.2 (or) 0.3 per cent, but I don't think we'll see a huge drop right away," said Peter White, president of the London Economic Development Corp. "I think we're going to be at a higher level for at least a few months."

The Statistics Canada data release will be the first since July's 9.1 per cent unemployment rate — the highest of any major Canadian city — sent shockwaves through London and prompted Mayor Joe Fontana to organize a jobs summit. The July number was a 0.4 per cent increase from June.

More challenges are around the corner, White said, including the closure this month of St. Thomas' Ford plant. And, he noted, some of the biggest hurdles are a sign of the sluggish economy.

LONDONCHAMBER.COM

▶ Peter White

"At this stage, the majority of the job losses that are occurring are particularly services, retail and construction," he said.

Future job losses in those sectors, he said, are hard to predict.

One of the most important things for people to remember when tomorrow's numbers are released is that they are estimates, White said.

"Statistics Canada has stressed that to us," he said. "When they go back and give a final number for the year … it could look better." ANGELA MULLINS

No librarians, but ya gotta hit the books

Fanshawe students aren't the only ones in London who have to cross a picket line to get to class.

Librarians and archivists at Western announced they would commence strike action effective 12:01 a.m. today, UWO announced.

In a media release, the university said all Western students are required to attend classes as usual and employees who aren't members of the bargaining unit are required to report to work as well.

All campus libraries remain open and most library services will be available.

Pickets are expected a various entrances to the campus, and so Western students, employees and visitors should allow extra time. LTC buses won't cross picket lines. Revised routes and timetables are available at uwo.ca/labourupdate. METRO/ WITH FILES FROM AM980/AM980.CA

Strike issues

- Compensation and benefits and a pay gap between Western and other schools will be discussed.

News in brief

More charges in abuse case

SEXUAL ASSAULT. A 37-year-old London man accused of sexually abusing a woman over several years is facing additional charges. Johnathon Rick was charged last month with sexual assault and assault with weapons. Police said yesterday that he will face two additional charges. METRO

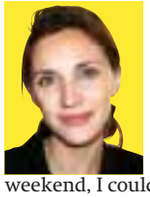
Lifting the Silence walk

GIBBONS PARK. In honour of World Suicide Prevention Day on Saturday, there will be a Lifting the Silence Walk at 3 p.m. in the pavilion at Gibbons Park. For more info, email liftingthesilence@gmail.com. METRO

HOT, FLASHY : KINGSMILL'S GOES BACK-TO-COOL FOR FALL

LONDON STYLE

SARAH FRANCIS
METRO LONDON



I don't typically *do* department stores. I've always assumed that navigating a huge shop like Kingsmill's would be too time-consuming, that sales staff would be stuffy, and that the clothes would be more for my mom's generation than for me. I'll be honest — I'm totally guilty of department-store ageism. So when I headed up to the second floor of the 1930s art-deco building on the Saturday morning of the long weekend, I couldn't help but think that the turnout might underwhelm. I showed up at 10:25 a.m. for the 10:30 a.m. event. I immediately regretted being late.

I came upon a packed room of a hundred chic, chatty women, palpably excited about the upcoming trend presentation. As I sheepishly took the last seat in the very back row, Chris DeMelo, the store's manager and fashion buyer, began to take us through fall's key trends, from the season's retro influences to fall's vibrant brights. And while the classic pantsuits, luxe sweaters and pencil skirts were enough to satisfy the traditionalist, it was the statement pieces that elicited the most fervor. Women nearly leaped from their chairs to grab a sequined '60s go-go dress, a tweed skirt with edgy silk insets, a silk '70s-inspired blouse and a cropped faux-fur jacket.

Jill Kilbourn, the accessory buyer, tempted us with au-courant bright python-print bangles, good-pearls-gone-bad with chains, "urban warrior" leather and metal necklaces, and Mad Men-esque top-handled bags. I expected Golden Girls but got Helen Mirren.

Turns out that this almost-150-year-old family-run department store somehow feels thoroughly modern, with its smart mix of quality pieces to please nearly every fashion palate, proving that being chic is so much more about attitude than age. Sure, the turnout on Saturday was mostly over 50, but I expect that has a lot to do with ageist girls like me who just haven't figured out the secret ... yet.

SARAH FRANCIS IS THE STYLE MAVEN BEHIND REALLIFERUNWAY.COM. SHE ALSO REPORTS ON THE LATEST TRENDS FOR WHITE OAKS MALL AND IVILLAGE.CA.

SOCIAL MEDIA

A lesson in tweeting

JESSICA SMITH
IN OTTAWA

Host of TVO's The Agenda Steve Paikin learned a lesson in social media when a tweet he wrote in a Markham high school was picked up by partisans in the provincial election.

Paikin was at Markville Secondary School on Tuesday, before Premier Dalton McGuinty arrived for a media event, when a teacher addressed the students.

"We have the premier coming in here. If there is anyone in here who is violently anti-Liberal, or very pro-Conservative or very pro-NDP, and you don't think you can control yourself and you're going to heckle, you can leave now," the teacher said, according to Paikin.

After six students left, the teacher joked, "Now that the anarchists are gone, let me tell you what's going to happen," said Paikin.

Since then, both the Liberals and Conservatives have circulated his tweets, the twitterverse has weighed in and a spokesperson for the school board claimed he wasn't tweeting the truth.

Metro. Board

▶ Who would have thought that going back to school would be this much fun? Fanshawe students Kayla Lavoie, left, and Rachel Hofsteede cheer on their friend Landy Riopelle as she tries her hand at the Metro giant plinko board on campus yesterday.

AJOY PINTO/METRO

Metro's very own giveaway

Breathtaking prizes available to be won include lanyards, bottle openers, screen cleaners, free pizza slices and several $20 cash gifts! Look for Metro staff today near the UWO campus at the corner of The Parkway and Sunset Drive from noon to 7 p.m.

Taking a glimpse at four political platforms

ANGELA MULLINS
@METRONEWS.CA

The campaign for Ontario's Oct. 6 election is officially on. At this point, there seems to be little doubt about where the spotlight will be for the next few weeks. Jobs, and how to create them, along with giving the economy an overall boost are issues that will likely catch the most headlines. But it's campaign season, and that often can lead to weird twists and turns down any avenue, said Cameron Anderson, assistant professor of political science at Western. "It's impossible to predict how the campaign will proceed," he said. "Four years ago, who would have thought funding for parochial schools" would become a big issue. Here are some key points of the parties' platforms as they relate to education, jobs and transportation:

- **Liberals (leader, Dalton McGuinty).** 30 per cent tuition credit for full-time college and university students whose families earn less than $160,000 a year. Will cost taxpayers $486 million a year by 2015-16.

- New tax credit up to $10,000 for employers who hire immigrants for their first job in Ontario.
- Expand GO commuter trains to all-day service along existing corridors over 10 years.
- **Progressive Conservatives (Tim Hudak).** Full-day kindergarten in all elementary schools by 2014.
- Create 60,000 post-secondary spaces and redirect $30 million the Liberals set aside to attract foreign students by giving it to Ontario students instead.

- Invest more than $35 billion in new infrastructure, much of it in transit and transportation over first three years.
- **New Democrats (Andrea Horwath).** Buy Ontario policy that will force the government to use public money to create jobs.
- Freeze transit fares for four years and share the cost of operating transit equally with municipalities (cost $930 million).

- Mandatory physical education in high school classrooms, ban advertising of junk food aimed at kids and force large chain restaurants to put calorie labelling on menus.
- **Greens (Mike Schreiner).** Invest $400 million in tax credits over four years for affordable commuter benefits to support ride sharing and carpooling, flexible work and a refundable provincial tax credit for transit users.

- Support job creation through a $150-million fund for research and development in emerging economic sectors and by expanding programs for training, apprenticeships and co-ops.
- Freeze tuition for the 2012-13 school year and index tuition increases for 2013-15 to the rate of inflation. **WITH FILES FROM THE CANADIAN PRESS**

Crash exacts historic death toll

Global hockey community left in disbelief Condolences offered to victims' families and friends

A private Russian jet carrying a top hockey team slammed into a riverbank yesterday, killing 43 people, including the team's Canadian coach, in one of the worst plane crashes ever involving a sports team.

Two other people were critically injured.

Russia and the world of hockey were left stunned by the deaths of so many international stars in one catastrophic event. The International Ice Hockey Federation said 27 players of the Lokomotiv Yaroslavl team were killed, along with two coaches and seven club officials.

The Russian Emergency Situations Ministry said the Yak-42 plane crashed into the shores of the Volga River immediately after leaving the airport near the city of Yaroslavl, 240 kilometres northeast of Moscow. The weather was sunny and clear at the time. Russian media said the plane struggled to gain altitude and crashed into a signal tower, shattering into pieces.

The plane was carrying the team from Yaroslavl to Minsk, the capital of Belarus, where they were to open the Kontinental Hockey League season. It had 45 people on board, including 37 passengers and eight crew, the ministry said.

The cause of the crash was not immediately apparent. Unnamed local officials said it may have been due to technical problems.

THE ASSOCIATED PRESS.

MISHA JAPARIDZE/THE ASSOCIATED PRESS

▶ Rescuers seen at the crash site of Russian Yak-42 jet near the city of Yaroslavl, on the Volga River about 240 kilometres northeast of Moscow yesterday. The Yak-42 jet carrying a top ice hockey team crashed while taking off Wednesday in western Russia.

sexcetera

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ONLY IN METRO SEPTEMBER 13

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CLAUDIO BRESCIANI/SCANPIX/FILE/THE ASSOCIATED PRESS

▶ In this file photo, Swedish ice hockey player Stefan Liv, who died in a plane crash yesterday, arrives at Vancouver airport for the winter Olympics in April 2010.

Crash history

- **KHL confirmed that** Canadian Brad McCrimmon, the team's head coach, was among the dead. McCrimmon became coach in May.
- **Czech players Josef** Vasicek, Karel Rachunek and Jan Marek and Latvian defenceman Karlis Skrastins were amongst those killed.
- **The Russian team featured** several top European players and former NHL stars, including Slovakian forward and national team captain Pavol Demitra, who played in the NHL for the St. Louis Blues and Vancouver Canucks.
- **Other top names include** Russian defenceman Ruslan Salei and Swedish goalie Stefan Liv.
- **Officials said Russian** player Alexander Galimov survived the crash along with a crew member.
- **In June, another Russian** passenger jet crashed in the city of Petrozavodsk, killing 47 people. The crash of that Tu-134 plane has been blamed on pilot error.
- **75 Marshall University** football players, coaches, fans and airplane crew died in a plane crash in Kentucky on Nov. 17, 1970 returning home from a game.
- **30 members of the** Uruguayan rugby club Old Christians were killed in a crash in the Andes in 1972.
- **The 18-member U.S. figure** skating team died in a crash while on their way to the 1961 world championships in Brussels.
- **In 1949, the Torino soccer** team lost 18 players near Turin, Italy, while the Munich air crash of 1958 killed eight Manchester United players.

Hockey world reacts

International Ice Hockey Federation President Rene Fasel:

"This is the darkest day in the history of our sport. This is not only a Russian tragedy ... This is a terrible tragedy for the global ice hockey community with so many nationalities involved."

NHL Players' Association Executive Director Don Fehr:

"Words cannot express the profound sorrow that this loss has created. Our sincere condolences go out to the friends and families who have been impacted by this terrible tragedy."

Russian Ice Hockey Federation President Vladislav Tretyak:

"We will do our best to ensure that hockey in Yaroslavl does not die, and that it continues to live for the people that were on that plane."

Czech coach Vladimir Vujtek: "That's horrible. I had many close friends there, I know the families. Just half a year ago, I trained those guys." THE ASSOCIATED PRESS

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†On selected products only, from September 9-15, 2011. Only available at Metro locations in London, Ontario, excluding St. Thomas store. Excludes tobacco products, Western Union, lottery, transit tickets, gift card purchases, prescription, prescription services and other professional pharmacy services. Some conditions apply. See in-store for full details. ††Offer valid until October 2, 2011 at participating Shell locations. Minimum $40 fuel purchase required. Minimum $10 in-store purchase excluding tax is required per transaction to earn 10x offer. Minimum $5 in-store purchase excluding tax is required per transaction to earn 5x offer. One Bonus offer per transaction. Tobacco products, car wash and service bay repairs are not eligible. Maximum number of Bonus reward miles awarded per transaction is 290. †††Offer valid until September 18, 2011 on selected products only at participating RONA stores. Bonus offer coupons must be presented at time of purchase. Other conditions apply. Details in-store. ‡Minimum purchase of $50 or more before taxes after discounts and exclusions in a single transaction. Offer valid from September 9-11, 2011. One offer per applicable transaction only. This offer cannot be used in conjunction with any other store-wide bonus offer. Offer subjected to change without notice. Offer applies to total base reward miles earned. AIR MILES Base and Bonus offers exclude prescriptions, products containing codeine, postal service, stamps, Gift Card Express, Rexall Pharma Plus Gift Cards, lottery, transit tickets and taxes. Offer valid at Participating Rexall™ and Rexall™ Pharma Plus locations only in the province of Ontario, excluding the region of Thunder Bay and Western Provinces. **Account must be in good standing. 2x reward miles available at participating Metro (London locations only), RONA, Rexall Pharma Plus (Ontario only excluding Thunder Bay and Western Provinces) and Shell locations in Ontario when you use your American Express®* AIR MILES® Credit Card on each purchase of $30 or more between September 9-11, 2011 only. Reward miles will be earned on the amount of all eligible purchases, less credits and returns (which may result in reward miles being deducted from the number of double reward miles earned). Other terms and conditions apply. Visit airmiles.ca/superbonus1 for details. ®*: Used by Amex Bank of Canada under license from American Express. ®™Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. Sponsor trademarks are owned by the respective Sponsors or authorized for their use in Canada.

News in brief

Delhi bombing kills 11

NEW DELHI, INDIA. A powerful bomb hidden in a briefcase ripped through a crowd of people waiting to enter a New Delhi courthouse yesterday, killing 11 people and wounding scores more in the deadliest attack in India's capital in nearly three years.

An al-Qaida-linked group claimed responsibility, though government officials said it was too early to name a suspect. The attack outside the High Court came despite a high alert across the city and renewed doubts about India's ability to protect even its most important institutions, despite overhauling security after the 2008 Mumbai siege.

THE ASSOCIATED PRESS

Suicide blasts claim 23 in Pakistan

QUETTA, PAKISTAN. A pair of suicide bombers killed 22 people while targeting a top army officer in southwest Pakistan yesterday, missing him and killing his wife, several guards, a senior officer and two children, officials said.

Police said they were investigating whether the strike in the city of Quetta was revenge for the recent arrests there of three top al-Qaida suspects, an operation assisted by the CIA.

The Taliban claimed responsibility for the attack, but a spokesman for the group did not mention the arrests.

Police officer Hamid Shakil said at least 23 people were killed and more than 80 were injured, some critically.

THE ASSOCIATED PRESS

Threats ground Pakistan flights

Bomb scare comes four days before tenth anniversary of 9-11

Two flights operated by Pakistan's state-owned airline received bomb threats yesterday, and both landed safely, one in Turkey, the other in Malaysia, officials said. No bombs were found.

The first flight was headed for Manchester, England, when it was notified of the threat near the Bulgarian capital of Sofia. The crew contacted the control tower in Istanbul to seek permission for the landing, state-run Anatolia news agency reported.

Authorities quickly evacuated all 378 passengers from the Boeing 777-300ER aircraft after it parked at a remote corner of the International Ataturk Airport, and bomb squads began searching the plane with sniffer dogs, Anatolia reported.

PIA spokesman Mashood Tajwar confirmed the flight received a threat and landed. All passengers were safe. A police search turned up no bomb, officials said.

Later, a second PIA flight from Islamabad to Kuala Lumpur also received a bomb threat.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS PHOTO

▶ Passengers disembark from a Pakistan International Airlines plane that was forced to land in Istanbul due to a bomb threat yesterday.

U.S. slaps sanctions on al-Qaida members

The United States has put sanctions on three Pakistan-based individuals it says are top al-Qaida members.

Yesterday's action freezes any assets in the United States belonging to Abu Yahya al-Libi; Abd al-Rahman Ould Muhammad al-Husayn Ould Muhammad Salim; and Mustafa Hajji Muhammad Khan. Americans are also barred from doing business with the men. THE ASSOCIATED PRESS

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Flaherty minds the price gap

‘Irritated’ finance minister wants to know why Canadians pay more than Americans for goods

Finance Minister Jim Flaherty is asking a Senate committee to look into the price gap between Canada and the United States.

In a letter to the Senate finance committee released yesterday, Flaherty said he is irritated that the gap continues to exist even though the Canadian dollar has been worth more than the U.S. currency for most of the year.

In fact, Flaherty points out that the Canadian currency has been strengthening over the past five years. The loonie’s strength has presented challenges to entrepreneurs, exporters and the economy but Canadian consumers aren’t getting full payback in the form of the prices of goods sold in this country, he says.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 202.02 (12,720.56)	+ 0.44¢ (101.47¢ US)

Oil	Natural gas
+ $3.32 ($89.34 US)	$3.991 US (+ 5.0¢)

Gold contract
$1,817.60 US
(- $55.70)

“I share their irritation,” he writes.

Bank of Montreal economist Douglas Porter said in April that Canadians pay on average 20 per cent more on many items.

Canada’s retail industry has often said it takes months to adjust to currency fluctuations, due to the lead time required to import goods. They have also said their U.S. counterparts have several built-in advantages.

Flaherty has asked the committee to look into how prices are affected by the size of the Canadian retail market, transportation and freight costs, tariffs, real-estate costs and other factors.

THE CANADIAN PRESS

▶ Iridium’s newest satellite gear promises Wi-Fi signals even in the remotest corners of the world. AxcessPoint, a Wi-Fi mobile hotspot, connects BlackBerry and Android devices to the Iridium network using an Iridium Extreme or Iridium 9555 satellite phone.

IRIDIUM/THE ASSOCIATED PRESS

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Black sues ‘Cain-like’ ex-partner

Conrad Black is suing his former Hollinger International business partner David Radler, who testified against him at his 2007 fraud trial.

The lawsuit filed in Cook County Circuit Court in Illinois accuses Radler of illegally adding shareholders and debt to Horizon Publications Inc., a U.S. newspaper chain in which Black had a stake.

The Chicago Sun-Times says the suit by Black, who returned to prison this week, calls Radler “an infamous Canadian citizen” and refers to his “Cain-like betrayal.”

Radler said yesterday that he was aware of the lawsuit, but had not seen the legal documents yet and could not comment.

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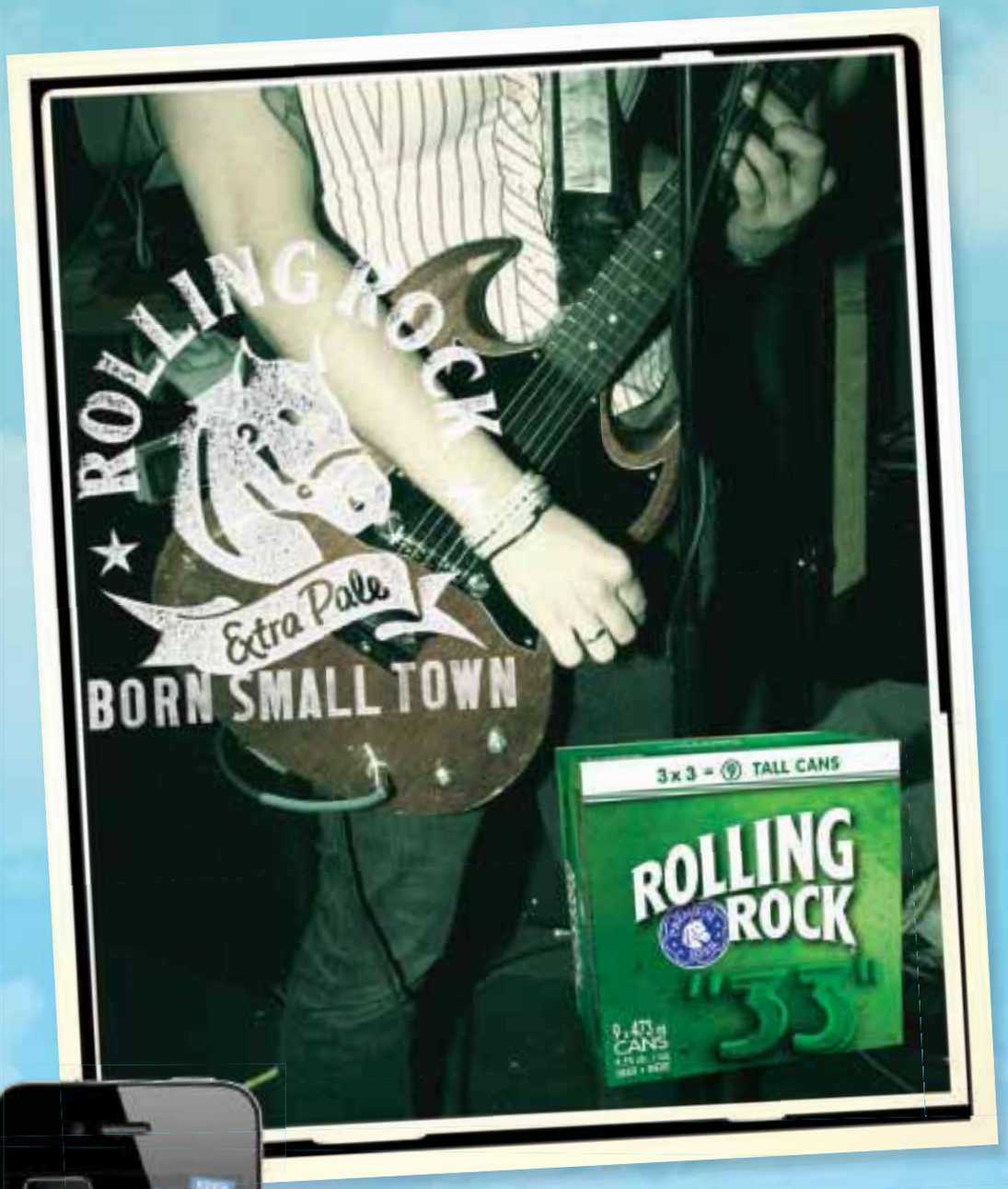

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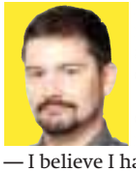
PARENTING WITHOUT THE CHLOROFORM

HE SAYS ...

JOHN MAZEROLLE
METRO



When I was a kid, I could tell back-to-school time was here when we weren't allowed to eat.

Can of pop? "That's for lunches." Yogurt? "Lunches." Bacon and eggs? "Lunches." If I remember correctly, all we were allowed at home was a box of baking soda and the occasional Milk Bone.

I don't have any children, but having experienced my parents' rearing methods — discipline through starvation — I believe I have the skills necessary to help you as your child heads back to school. Here's what you need to know.

Fashion: Children's trends can be confusing, but it's important to remember that fashion is cyclical. In some eras, high school kids wear clothing so tight that they might as well be naked. Other times, they wear clothing so loose any quick movements will render them naked. They know what they're doing. I have no idea what's "in" now, but if it offends your sensibilities, pick it up. Your kid will love it.

"If you drive them to school, they will deny they have parents by leaping from the vehicle while it's in motion, sometimes through a closed window."

Supplies: Once your kids have all the "hippest duds," you'll want to get them the coolest supplies. Nothing was worse than owning plastic rulers pathetically devoid of holographic dinosaurs, or a compass that wasn't nearly sharp enough to stab the girl you liked. Buy one of those $29.99 sets with the quadratic equation written on the back, and your kids could be as cool as I was, though somehow I doubt it.

Rest: Getting kids to bed at a decent hour after a long summer can have even the most patient parents reaching for the chloroform. Researchers say you should make sure your child gets eight hours of sleep — more if you don't like them.

Don't forget to care: As the school year moves on, it's imperative you pretend you still care about your kids. After all, these are the same children that will one day be sending you to a home.

Showing your love may prove difficult. If you drive them to school, they will deny they have parents by leaping from the vehicle while it's in motion, sometimes through a closed window. And if you ask what happened at school today, they will say, "Nothin'," even if their math teacher unexpectedly burst into flames.

Despite this, support whatever they do. If they lie to the teacher, tell them they have a life as an MP ahead; if they don't show up at all, senator.

And that's the only proper way to raise your children. But remember, all these guidelines will be useless if you don't forget one important rule. You MUST feed your children, lunches be damned. A Milk Bone will clean their teeth, too.

Read more of John Mazerolle's columns at metronews.ca/hesays

Panel

Register at metropolitanpanel.ca and take the quick poll

Should parents and students have to pay for school supplies?

87%
YES, IT'S PART OF THE COST OF PROCREATING

12%
NO, WE SHOULD ALL BE FULLY FUNDING THE EDUCATION OF OUR FUTURE CAREGIVERS

Local tweets

@Colin Szemenyei: Hey #ldnont if you know anyone who was complaining that it was "too hot" on Saturday, I encourage you to find them today. And punch them.

@Mightymeech: Sweatpants are apparently the lazy freshman's jeans #Fanshawe

@mackenzielemire: I can't take any photography equipment out for my assignments. Thanks #fanshawe picketers. #ldnont #wellthissucks

@saquibmian: Terribly wet day for first-year students trying to enjoy Frosh Week. #London #UWO #frosh

@josee_28: @Avicii on repeat all week in anticipation for sunday. Will be the wildest party #ldnont has seen in ages @premierlife @londonmusichall

@simonamartella: #ReasonsImUpRightNow dons banging on doors, blasting beats and hitting on pots and pans in the hallway... #uwo #froshweek

@D_SaraSheeni55: Just finished a sports-news class..already know what my favourite class is #fanshawe #uwo

Worth Mentioning

The Dalai Lama warns that all religions — including his own — have faithful who carry the seeds of destructive emotions within them.

Speaking yesterday in Montreal, the Buddhist spiritual leader said a key to promoting religious harmony after 9-11 is to stop criticizing religions based on the actions of a handful of "mischievous" followers.

He delivered his message at a conference examining how religions can foster peace in the post-9-11 world.

"Logically, if you criticize Islam due to a few mischievous Muslims, then you have to criticize all world religions," the Dalai Lama told the packed auditorium.

"That, I think is totally wrong to create that kind of negative impression to one particular religion — that is totally wrong."

He said everybody — even himself — has the potential to develop harmful feelings and it's the job of religions to try and reduce them.

"Through awareness ... we try to minimize these destructive emotions and try to increase these constructive emotions," he said.

THE CANADIAN PRESS

Cartoon by Michael de Adder

WEIRD NEWS

Being a nudist does have its drawbacks

Nudists in San Francisco might soon lose the freedom to bare it all — at least some of the time.

Walking around naked is legal, but a city supervisor concerned about public health and sanitation introduced legislation Tuesday that would require nudists to put something under their bottoms if they take a seat in public.

Supervisor Scott Wiener's proposal would also require nudists to cover up when they are in a restaurant.

Wiener represents the city's Castro District, where a group of nudists is known to gather and walk around.

The San Francisco Chronicle reports that Wiener only wants to require that nudists show basic courtesy and decency to their fellow citizens, not open up a debate on the appropriateness of public nudity.

"Only in San Francisco," Capt. Greg Corrales told the newspaper.

Just walking around naked in San Francisco isn't against the law, unless the person is aroused. Then the conduct can be considered lewd, which is illegal, according to the San Francisco Chronicle. THE ASSOCIATED PRESS

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Creating moments of 'pause'

Broken City Lab using art exhibition to ask questions about city of London

BACKSTAGE PASS

AMANDA GRANT
METRO LONDON

What is your earliest memory of London? What would you change about the city?

These are the questions Justin Langlois and the Broken City Lab are asking Londoners in their art exhibition opening Friday at the Forest City Gallery.

"We want to start up a dialogue about things that polarize a city or bring it together," says Langlois, a professor of civic engagement at the University of Windsor.

"If art can do anything, it can open a space for a different kind of conversation."

The Broken City Lab exhibition in London is the first of its kind for the Windsor-based artist collective. Typically the artists work with billboards and public spaces, going out into the community talking to people face to face. From these conversations they pull out common themes and responses, creating text installations expressing residents' opinions of the city.

Family affair

- The Three Whitneys art exhibition, featuring the work by local artists George, Fran and Linda Whitney, opens on Thursday.
- The sculpture, conceptual art and paintings of the three relatives will be featured at the Strand Fine Art gallery located at 1161 Florence St. in East London. The show opens at 7 p.m. and runs until Sept. 24.

But London will host the first gallery-oriented show by the collective. They have used an online survey to gauge public opinion of the city, gathering more than 70 responses from the community and blending them with the factual history of London and their impressions of the city to create a work of art.

"It's not about reproducing the same work but developing a set of tools to work through ideas and coming to understand what it is about cities and communities that make a lot of sense — and don't make a lot of sense — for the people living there," Langlois says.

CONTRIBUTED

▶ The Forest City Gallery will host the first gallery-oriented show by Broken City Lab.

The exhibition will feature billboard-scale text pieces painted onto the walls of the Forest City Gallery, as well as a video installation and interactive blackboard, writing a timeline for London using the artists' experience of the city blending with residents' personal stories and milestones.

"It's inevitable that we bring our own experience of the city to a project like this, but we're really interested in a framework where these questions occur," Langlois says. "How we shape and frame things in our minds, and how we share those experience with other people, is how we frame them and can explain what works in a city."

Broken City Lab has worked in Windsor and Calgary and will create city-specific pieces in Halifax, Winnipeg and Hamilton in the next year.

"It's about creating that moment of pause," Langlois says. "To stop and think about the way we're talking about the city of London. It's about creating the city that we all experience and informing the way we look at the city and the way we experience it."

The Broken City Lab exhibition runs until Oct. 21 at the Forest City Gallery on Richmond between York and Horton streets.

Taste of the Prairies

On Saturday, Manitoba folk band Crooked Brothers will perform at The Black Shire Pub.

The Tom Waits style group will play with local musicians Graham Nicholas and Handsome Dan. Doors open at 8:30 p.m.

The little horror movie that could

CHRIS ALEXANDER
SCENE@METRONEWS.CA

How a kid from Oakville, Ont., ended up in the Louisiana swamps filming a gloriously trashy monster movie is a story in itself, but such is the legacy of Canadian actor — and sometimes writer and director — Dillon Casey.

Casey, already a veteran TV performer from such glossy shows as Being Erica and The Vampire Diaries, stars as one of the slew of youthful anti-heroes who come face to face with a lethal reptilian monster in Creature, a nifty new low budget shocker co-starring genre icon Sid Haig, opening across North America this Friday.

"The first thing I noticed when I read the script was the name (of producer) Sid Sheinberg," says Casey, back in Toronto for his recurring role in the CTV hit series Nikita.

"I mean, he's a legend … he was the head of Universal pictures. He was behind Jaws."

Sheinberg's name no doubt pushed writer/director Fred Andrew's little horror movie that could into the higher profile release it's getting this week, but outside of the pedigree, Creature is an eccentric, interesting, unpretentious and often eerie thriller.

CONTRIBUTED

▶ The monster from Creature is pictured.

"(Creature) looks like a generic horror film on the surface," notes the actor.

"But there are many twists and turns and unexpected elements that elevate it."

Casey was bit by the acting bug when studying at the University of Toronto and found he had the chops — and the looks — to make a living pretending to be other people. But originally, his role in Creature called for a very different face.

"My character was fat, nerdy and I really didn't think I had a chance of getting it," he says.

"But then I got the call that I did. I was surprised. Later on the set, Fred said that the reason I got the roll was that I nailed it on the call back. I kept quiet at first but I eventually told Fred that I didn't actually get brought in for a call back. So really … he probably cast the wrong guy for the role by mistake!"

2 scene

News in brief

A 36-year-old man has been charged after he allegedly broke into Celine Dion's home near Montreal, raided the fridge and even took the time to pour himself a bath.
He was nabbed by Laval police on Monday afternoon after the alarm system went off.
THE CANADIAN PRESS

Scan this code or visit metronews.ca/scene to find out who won big at last night's Gemini Awards

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DiCaprio turns up the charm

Leo gifts rumoured girlfriend Blake Lively's dad at birthday party

While Leonardo DiCaprio may have been filming in Australia during rumoured girlfriend Blake Lively's birthday — she celebrated with pals in New York — he was at least on hand last month for her father's big day in Los Angeles, where he reportedly gifted the senior Lively with an elaborate colouring book, according to Us Weekly.

"Blake's father loved it," a source says, adding that the alleged couple are getting pretty cosy.

"(They) are so smitten it's crazy. I bet they get engaged in the next six months," the source says.

METRO

ALL PHOTOS/GETTY IMAGES

▶ DiCaprio gave Blake Lively's father an elaborate colouring book for his birthday.

▶ Justin Timberlake and Jessica Biel were reportedly hitting it off again at a friend's wedding in Colorado.

Jessica, Justin back on again?

Justin Timberlake and Jessica Biel are fueling speculation that they're back on again.

The pair hit up a friend's wedding in Colorado over the weekend, and the possibly reunited couple definitely seemed to be enjoying each other's company, according to People magazine.

"There was plenty of PDA and they seemed happy."
SOURCE ON SEEING JESSICA BIEL AND JUSTIN TIMBERLAKE ACTING LIKE A COUPLE

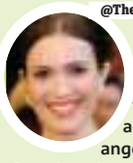
"There was plenty of PDA, and they seemed happy," a source says.

METRO

Celebrity tweets

@katyperry
"I don't know if I can do this show tomorrow I have eaten too much queso"

@JimCarrey
"ACCEPT the fact that people who correct spelling on twitter are a pain in the ass!"



@TheMandyMoore
"Trying to find a home for an adorable orange kitten found on the street. If you live in LA area"

@SethMacFarlane
"America should have the President it really wants...The problem is, in our heart of hearts, that's Snooki"

Hannigan puts pregnancy rumours to rest

Alyson Hannigan took to Twitter to clear up pregnancy rumours after a photo of her where she appeared to be sporting a baby bump popped up online. "No, I'm not pregnant! I just ate too much carnival food, that time of the month, hurt my back and couldn't suck my gut in — and need to do cardio," the How I Met Your Mother star posted in response.

METRO

5 young names to know in fashion this month

TINA CHADHA
@METRO.LU
METRO WORLD NEWS

1 Master tailor: Antonio Azzuolo

The CFDA men's wear nominee cut his teeth designing for brands such as Hermès and Kenzo before landing the design director role at Ralph Lauren's Purple and Black Label. But the Montreal native's experience began much earlier — his dad was a master tailor. Now Azzuolo creates glamorous, luxe essentials for his own line, a.a.

2 Ladies man: Guillaume Henry

When Henry took over French label Carven, his collection was so spot on that you would have thought he took his hip, arty girlfriends out for a round of drinks and then took their wardrobe complaints and wish lists to the atelier. His clothes are sweet and yet a little bit dark, chic and still slightly punky. It's no wonder girls like Alexa Chung can't get enough.

3 Indie darling: Suzanne Rae

Suzanne Pelaez, a Parsons grad, started out by working in New York's art gallery circuit. And you can see the influence in her flair for print and pattern. Her slightly experimental ready-to-wear pieces would look at home in any curator's closet (or that of any girl with a confident sense of personal style, really). Pelaez worked brief stints at Costume National and Morgane le Fay before quickly striking out on her own. Smart choice. We're writing about her, after all.

4 The romantics: Creatures of the Wind

Chicago-based designers Shane Gabier and Christopher Peters wooed editors and buyers alike at New York Fashion Week last season for being very, well, un-New York. Their romantic and quirky collection inspired by Nantucket and the sailors' widows featured Victorian silhouettes, lace and bright colours. It also landed them on the cover of WWD and a CFDA nomination this year. Well played, guys. Well played.

5 Futuristic femme: Sally LaPointe

Dubbed as a one-to-watch by Elle and New York magazine, this Massachusetts native's signature style is a mix of both futuristic (think: big, bold shoulders) and feminine silhouettes (sexy, drapey dresses) Add some in-your-face colours, prints and fabrics and you have what might be the perfect wardrobe for show stoppers such as Beyoncé and Lady Gaga — the latter is already a loyal LaPointe customer.

3 life

Kanye style

Where are you Yeezy?

The rumours about Kanye West's alleged stint as a designer changes by the day. He's making shoes! No. Clothes! He's making them with designer Louise Goldin! No. Design professor Louise Wilson (she denied it)! So?? METRO

Let's work it out

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Three front-row rule breakers

MICKEY BOARDMAN

- About Paper magazine's columnist we've got four words: Look at this outfit. Enough said.

LYNN YAEGER

- She's got a writing style that is as distinct as her subversive Victorian doll look. We'd recognize that rosebud pout anywhere.

GRACE CODDINGTON

- The September Issue was ages ago, but we're still crushing on Coddington's trademark fiery mane.

Harper's Bazaar editor-in-chief Glenda Bailey picks mag's Greatest Hits for new book

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THURSDAY, SEPTEMBER 8, 2011

BACK TO SCHOOL

COMSTOCK/THINKSTOCK

Establish good homework habits

Independent work and learning are important assets It's a form of self-organization and self-discipline

ASTRID VAN DEN BROEK
FOR METRO

This year, you will do it right. This year, they will do their homework without question. Or begging. Or threatening.

But how exactly can we encourage our kids to tackle their homework and set good homework habits?

First, realize why homework is part of your child's life. It's not always about just keeping up on the topics of study at school.

"Independent work and learning are important assets for people to develop, whether it's in academic institutions or workplaces. It's a form of self-organization and self-discipline and it's something that requires development," says Alyson Schafer, a Toronto-based psychotherapist and author of Ain't Misbehavin'.

"So, if we can help them develop better homework habits, they're going to be ultimately more desirable in the workplace."

To help start this year's homework habits off right, begin by showing enthusiasm for their school work and developing a positive attitude about education.

"Sometimes, as parents we have to put our own baggage about school away because you want your child to have a positive relationship with school," says Pat Stellick, the Mississauga, Ont.-based co-ordinating elementary school principal for the Peel District School Board.

Start by asking about their day — what was exciting for you? What was the high point of your day? "That extends learning," says Stellick. "Homework also makes that connection between home and school and it helps parents understand what's going on in class during the day."

Schafer shares her tips on positively encouraging your child to do schoolwork.

1 Be in touch with the school. Through parent-teacher nights and any other opportunities that arise. That way you can keep on top of what's going on in your child's classroom.

2 Coach instead of dictate. "Different kids have different learning styles and they have different ways of being successful with their workload," says Schafer. Help them find out how they learn best — when are they successful? What do they need to stay organized?

3 Empower them. Help your child figure out solutions on when is best for them to do their homework. (Right after school or after supper for example?) "Keep the responsibility of finding the solution with your child," says Schafer.

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Tips for after-school success

JANE DOUCET
FOR METRO

JUPITERIMAGES/PIXLAND/THINKSTOCK

▶ Taking part in extracurricular activities offers many benefits to students.

Soon after Judy Arnall's third son started playing soccer at age six, he wanted to stop. Arnall had assumed that because his older brothers had wanted to play, he would, too. She was wrong, but she didn't let him quit.

Instead, Arnall attended every game and practice with him until the season ended.

"We were both miserable," says Arnall, a Calgary-based parenting expert whose most recent book is The Last Word On Parenting Advice.

"I learned that even if you want to expose your child to new experiences that will develop their talents, it has to be something they're interested in."

Arnall offers the following tips on what to consider when choosing an after-school activity:

Get your child to buy in. "Ask what they want to do," says Arnall. If you push them into an activity they don't like, it will cause resentment and power struggles. "I tell parents, if you want your child in hockey because you like hockey, you should be the one registering to play for a team."

Consider cost. If your daughter refuses to practise the piano anymore, you have to ask yourself how much money you are willing to sacrifice on the remaining lessons if you let her quit midway through the term. "It's a good idea to ask about refund policies before you commit," says Arnall. "Although very few programs offer full or even partial refunds."

Implement the "begging rule." If Arnall's children really want to sign up for sports or music lessons, they have to ask for them — more than once, over a period of several weeks. "Then I know it's not just a passing fancy and they're really interested," she says.

Have your child contribute. Some money toward the extracurricular activity, that is. "Using some of their allowance or birthday money to help pay for their lessons will help give them a sense of ownership," says Arnall.

Life lessons

Taking part in extracurricular activities offers many benefits to students. From learning team-building skills to gaining self-esteem, there are few downsides when young people take part in after-school sports, bands, teams or clubs. Kids will learn how to manage their time and the value of making long-term commitments, among other important life lessons.

Sometimes it's best to let kids make the choice

HEMERA TECHNOLOGIES/PHOTOS.COM/THINKSTOCK

You signed up your elementary school-aged daughter to play hockey at the local rink, paid the registration fee for the season and bought her equipment. Then, after three practices, she announces she hates hockey and wants to quit. Should you let her?

Yes, says Calgary-based parenting expert Judy Arnall.

"I wouldn't force a child to continue if he or she really doesn't want to, because there are other ways to teach discipline, such as through chores and volunteering," she says. "For younger kids in particular, I think going to a new activity three times is giving it a fair chance."

If the child has truly lost interest in the activity, it's best to let him or her drop it.

Parents should keep in mind that nagging a child to practise piano scales or pack their hockey bag before practice isn't the same as reminding them.

JANE DOUCET

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Distraction
... or functional tool?

Parents and teachers are having to deal with students texting, using cellphones in school

ISTOCKPHOTO/THINKSTOCK

Danny Faria allowed his daughter to have a mobile phone at the tender age of 10. He knew she was mature enough to walk to school on her own, but felt he would be more at ease if she called home once at her destination.

Many parents and teachers who grew up without electronic devices at their disposal are having to deal with tech-savvy kids who want the latest gadgets for school.

Faria, a Toronto-based communications consultant, and his wife were strict about the phone being used only as a necessity. They disabled the texting function and reminded their daughter, Emily, that the phone was to be turned off during school hours.

The rules were working well for everyone until this past August, when 11-year-old Emily's pal upgraded her mobile phone. The friend gave her old phone — one with a slide-out keyboard for texting — to Emily.

Faria then had to deal with the inevitable: "How come I can't text?"

Jesse Hirsh, a technology analyst in Toronto, says kids are taking their tech cues from adults. They see their parents and other people continually talking or texting and, as a result, "kids have internalized the ADD (attention deficit disorder) of society."

Kids have dozens of different things competing for their attention, Hirsh says, and they can be fickle as to whom, when and where they give it. This can be a problem when it comes to school curriculum and teaching.

Students today don't have any lag time between wanting to know and then discovering the information. With cellphones, Hirsh says, "they have the fantastic in their pocket."

Some teachers don't agree. "The pocket isn't fantastic," says Domenico Capilongo, a high-school teacher in Thornhill.

"They aren't searching for knowledge when they pull out their phone. They are texting about each other.

"The real issue is how to keep (cellphones) from turning into a distraction. It's hard to compete with a text from a boyfriend."

Distractions caused by cellphones used outside the classroom or home can also potentially prove to be a safety hazard, a new Canadian poll suggests — risks that are not always front of mind for parents.

A Safe Kids Canada/FedEx Express Canada survey of more than 1,000 Canadian parents of children aged five to 14 found that nine in 10 have discussed basic pedestrian practices with their children. However, only 28 per cent of those polled have discussed the risks of cellphone use while crossing the street.

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Cool tool for healthy eating

Freezer can often be overlooked Think of it as a closet full of outfits

PHOTOS BY AARON VINCENT ELKAIM/THE CANADIAN PRESS

▶ Lulu Cohen-Farnell, who owns the company Real Food for Real Kids, prepares some food to freeze at her home kitchen. Cohen-Farnell freezes food to make it faster to prepare school lunches for her children.

For many parents, packing kids' lunches for school means scouring the kitchen to see what can be thrown together. But often overlooked is the freezer, which, with a little thought and organization, can make the daily digs yield good, healthy food.

"The freezer is great for giving you variety," says Crystal Asher, who owns Detour Roasters Cafe with her husband in Dundas, Ont., and is a mother of three girls.

"Think of it as a closet full of outfits. Think of your freezer, fridge and pantry the same way. You have to look at your food and think, 'What else can I do with this?'"

For Asher, this means employing the right tools to help you. Ice cube trays repurposed during the baby years to freeze homemade fruit or vegetable purees can be reused once kids grow older. Asher makes sweet potato or roasted pepper purees, freezes them in ice cube trays, and defrosts them when she needs a sandwich spread for lunch.

She also makes larger-than-needed portions of soup and freezes the leftovers in ice cube trays. When needed, she will pop out four cubes in the morning. Once heated, this amount is enough to fill an insulated food container.

While the ice cube tray is a useful tool, Lulu Cohen-Farnell, founder and president of Real Food for Real Kids, which caters fresh food using local ingredients to schools, camps and daycares in and around Toronto, prefers using freezer bags in her home kitchen.

▶ Some fresh foods ready for the freezer.

"You can get more into them, they can lie flat, and you can stack them so you have more room in your freezer," says Cohen-Farnell, a mother to two kids.

She regularly cleans, chops and freezes fresh herbs, vegetables and fruits, and carves out sections of her freezer for each.

"At home, I'll buy fresh herbs and ingredients like scallions, ginger, parsley, cilantro or mint to enhance the taste of my food," says Cohen-Farnell.

"I'll use them fresh, but I'll buy double and freeze them for when I don't have time or to have just as a resource."

Fresh food is always best, of course, but the freezer can play a useful role in meal preparations, for kids' lunches and parents' lunches alike.

"You need to have inspiration when you make a meal," says Cohen-Farnell. "And your ingredients are what will inspire you."

THE CANADIAN PRESS

DIGITAL VISION/THINKSTOCK

▶ Litterless lunches can help teach children learn about how choices can impact the environment.

Teach children with litterless lunches

Ditching paper bags, juice boxes, plastic cutlery, paper napkins and other non-recyclable items from school lunch boxes is becoming the next trend for parents to digest as another school year approaches.

These suggestions appear in a new cookbook, Good Food To Go: Healthy Lunches Your Kids Will Love, by Brenda Bradshaw and Dr. Cheryl Mutch (Random House Canada, $23.95, paperback).

"A child packing an old-fashioned brown bag lunch with a juice box or tin can can make an estimated 67 pounds (30 kilograms) of waste over a year," says Bradshaw, an elementary school teacher who collaborated on the book with Mutch, a consultant pediatrician. Both live in Vancouver and have two children each.

"What we are trying to do is encourage parents and their children to create litterless lunches," says Bradshaw. "It is a good way to teach your children about environmental stewardship and how their choices can impact the environment."

Instead of buying plastic containers, the authors suggest choosing those that are bisphenol A (BPA) free.

Purchase a wide-mouth, stainless-steel bottle and Thermos, cloth napkins and metal cutlery, they say.

THE CANADIAN PRESS

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Take a tour of Italy's veggies

This Tuscan Bread and Tomato Salad takes on delicious and distinctly Italian flavours

MATTHEW MEAD/ THE ASSOCIATED PRESS

Start to finish: 20 mins
Serves: 4

The basic building block for a great salad? Greens, of course. But for James Peterson, what that means varies greatly by season.

"I usually start out with a standard combination of greens, one for winter, one for summer," said Peterson, whose cookbooks have won numerous James Beard awards. "In the winter, I use a combination of bitter greens, including frisée, treviso or radicchio di Cremona, and endive, and a spicy mixture of equal parts basil leaves and rúcula (baby radicchio) in the summer."

From there, it's a matter of taste and inspiration.

"I then build on these mixtures, adding savoury ingredients, eggs, tomatoes, avocados, green beans, anchovies or whatever suits my fancy," Peterson said.

Here, Peterson offers his version on the classic Italian bread and tomato salad from his just released cookbook, Kitchen Simple.

Ingredients:

- 3 slices (each 1 cm/1/2 inch thick) crusty bread, cut into 1-cm (1/2-inch) cubes (about 750 ml/3 cups)
- 90 ml (6 tbsp) extra-virgin olive oil, divided
- 4 medium tomatoes
- 1 medium red or green bell pepper, roasted, peeled, then cut into strips
- 20 fresh basil leaves
- 12 anchovy fillets in olive oil, drained
- 75 ml (5 tbsp) pitted and coarsely chopped brine-cured imported black olives
- 30 ml (2 tbsp) sherry vinegar
- Salt and ground black pepper, to taste

Preparation:

1. In skillet over medium heat, toss bread cubes with 45 ml (3 tbsp) of the oil. Sauté until cubes brown slightly, about 10 minutes. Set aside.
2. Cut tomatoes in half crosswise and gently squeeze out seeds. Chop tomatoes into 1-cm (1/2-inch) chunks and put in a large bowl. Add bread cubes, remaining 45 ml (3 tbsp) oil, bell pepper, basil, anchovies, olives and vinegar. Toss to combine. Season with salt and pepper, then serve right away.

THE ASSOCIATED PRESS/ KITCHEN SIMPLE

Weekly Cookbook

Vegetables from an Italian Garden (Phaidon Press, 2011) features 400 recipes by the editors behind the Italian cooking bible The Silver Spoon.

Showcasing more than 40 kinds of vegetables, the book is organized by season in four colour-coded sections. Each season includes about 100 recipes that are further organized by main vegetable ingredient. Two-thirds of the recipes are vegetarian, and the remaining third feature meat as co-stars.

CONTRIBUTED

▶ A handyman with a plan: Licensed contractor Matt Blashaw co-hosts DIY Network's Money Hunters.

Renos that you never thought were possible. Really.

Remodelling your home doesn't have to be a pipe dream ◐ Try these innovative solutions

DIY IDEAS

When remodelling or renovating in your home, it can be easy to lose track of your budget or get carried away in making many changes.

Use these simple tips from DIY Network's Money Hunters, hosted by Matt Blashaw and Deanne Bell, to ensure your reno costs don't get out of control.

These hosts work with homeowners to deliver the best renovations money can buy. Using innovative solutions, smart shopping options and tricks of the trade, makeovers are completed that homeowners never thought possible.

Repurpose your kitchen cabinets and countertops. Use existing cabinets but upgrade them by adding new doors, a fresh coat of paint or even new hardware. A new backsplash can make countertops look stylish and coordinated — try using beadboard rather than pricey ceramic.

Get and check references. If you are doing a large renovation, hiring a reputable contractor is crucial. Get recommendations and check out past work. Ensure they are licensed, bonded and insured. This may cost you more at the start-up, but will save you money in the long-run.

Donate your old materials like cabinets, mirrors, countertops or flooring to avoid disposal fees and in some cases even get a tax break. Similarly, you can shop at used stores to find great deals.

Look for floor models of appliances. All you will be missing is the box. Some retailers may even be willing to extend the warranty in order to unload the item from the store. The best time to do this is early fall just as the new models are arriving.

Go directly to wholesalers. Cutting out a middle-man will always save you money, and some wholesalers even offer free design services.

Invest in permanence. The money you spend on architecture and design is going to last a long time.

Keep in mind that you can always upgrade to finer appliances, furniture or accent pieces.

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4 sports

A long road back to the big leagues

After injuries forced him to give up his pitching career, Canadian Loewen returns to majors, starts in right for Blue Jays against Red Sox

DARREN CALABRESE/THE CANADIAN PRESS

Adam Loewen comes to bat in the third inning against Boston last night.

Adam Loewen of Surrey, B.C., says he has always enjoyed hitting more than pitching.

After two stress fractures in his left elbow forced him to abandon his major-league career as a pitcher with the Baltimore Orioles, he returned to the majors last night as a right-fielder with the Toronto Blue Jays.

"It's a rare feat," Blue Jays manager John Farrell said.

Regular right-fielder Jose Bautista was listed in the lineup as the Jays designated hitter against the Boston Red Sox at Rogers Centre.

Loewen joined the Blue Jays as a September call-up after he finished the season with triple-A Las Vegas batting .306 with 17 homers and 86 runs batted in.

The 27-year-old Loewen, who bats and throws left, said his return to the majors is different than the first time when he got the call from the Orioles in 2006. They had made him their first-round pick in the 2003 draft.

"The first time there was a lot more excitement but this is just a dream come true to be playing for the Blue Jays as a hitter," Loewen said. "Now I'm actually doing what I want to do. It's very satisfactory and I feel very blessed to be playing at all."

He was 8-8 with a 5.38 earned-run average in 35 major-league games, 29 as a starter.

"We thought it was chance to get him in the lineup right away," Farrell said before last night's game. "And we had talked about giving Jose a day at DH just to get him off his feet."

It's not that Loewen didn't also enjoy pitching, it's just that pitchers don't hit as much as players at other positions. "The real dream would be to do both but they don't let you do that," he said.

"I was never sure," Loewen said before last night's game. "I knew I had a chance. I was a good player in high school. But I always loved to hit more than I liked to pitch."

He gave up pitching after the 2008 season and signed with the Jays on Oct. 24, 2008. THE CANADIAN PRESS

GENE J. PUSKAR/THE ASSOCIATED PRESS

Crosby

'Best I've felt for a long time:' Crosby

Sidney Crosby will make a full recovery from a brain injury and will play again in the NHL. He is certain of it, and so are the concussion specialists who are treating him.

The question is when. Right now, neither the medical experts nor the Pittsburgh Penguins can make an accurate guess when the NHL's signature star will play again.

Despite the rapid, measurable progress Crosby has made since being bothered again by post-concussion symptoms while doing arduous conditioning work last month, there is no accurate estimate when he will play again for the Penguins.

Crosby, speaking publicly yesterday for the first time since late April, said only that he was sure he would play during the 2011-12 season, which begins next month and runs through June.

"This is the best I've felt for a long time," Crosby said at a news conference in Pittsburgh yesterday. "The last three weeks have been really good. I feel myself getting better and better."

THE CANADIAN PRESS

Quoted

"What a great win. When he hit it, I said, 'It's that kind of year.'"

DETROIT PITCHER JUSTIN VERLANDER. VERLANDER WON HIS 10TH STRAIGHT START AND EARNED HIS 22ND VICTORY OVERALL AFTER VICTOR MARTINEZ HIT A LATE GRAND SLAM THAT SENT THE TIGERS OVER THE CLEVELAND INDIANS 8-6 LAST NIGHT.

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Rain claims another day of Open

- Stars upset after playing on damp courts before matches were called for the day
- 'They know it's still raining and call us onto the court,' Nadal complains

MIKE GROLL/THE ASSOCIATED PRESS

▶ Rafael Nadal sits underneath an umbrella before his match was called off yesterday at the U.S. Open.

Rafael Nadal, Andy Roddick and Andy Murray got in about 15 minutes of tennis yesterday — barely enough to work up a sweat, but more than enough to get into a snit.

Rain washed out some matches for the second straight day at the U.S. Open, creating a logjam in the schedule and a bigger mess in the locker room, where the big-name players questioned the wisdom of putting them out on courts that were still damp thanks to a fine mist that was falling in the morning.

Shortly after they started, play was called, then late in the afternoon the players were sent home — their fourth-round matches now scheduled to be completed today.

U.S. Tennis Association officials didn't immediately cancel women's play, knowing if they could squeeze any of those quarter-final matches in, they could stay on some semblance of a schedule — and make the TV broadcasters a bit happier.

The forecast in New York for last night called for a 100 per cent chance of rain.

"Grand Slams is about a lot of money," Nadal said in an interview on ESPN after falling behind 3-0 to unseeded Gilles Muller. "We're part of the show. They're just working for that, not for us. They know it's still raining and call us onto the court. That's not possible. ... I understand the fans are there. But the players are important in this part of the show, too, and we didn't feel protected."

After being called off the court when the mist turned into rain, Nadal, Roddick and Murray all went to the tournament director's office to discuss the situation.

Aware of the criticism, the USTA released a statement, saying there appeared to be a two-hour window without rain in the morning and because of that, officials decided to start play.

"Unfortunately, not all light rain and mist shows up on radar," the USTA said. "We have experienced referees, and they decide if courts are fit for play. Conditions may be not ideal, but still can be safe. However, if a player or players feel that conditions are unsafe, we listen to them, as we have always done, and the referee uses that information as part of his/her assessment on whether to continue or halt play."

Two men's quarter-final matches — Roger Federer against Jo-Wilfried Tsonga and Novak Djokovic against Janko Tipsarevic — were postponed earlier in the day.

With rain showers lingering over the Billie Jean King National Tennis Center for the second straight day, this debate about safety, money, weather and scheduling had to suffice for the afternoon's, and maybe the evening's, entertainment. THE ASSOCIATED PRESS

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If you are age 5 or older you are invited to participate in a Kenpo Karate Class from 10:00 am to 12:00 pm on Saturday, September 10, 2011 at 890 Sarnia Road. Cost is $10.00 at the door and registration will begin at 9:30 am. There will also be a Kenpo demonstration following the class.
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MISCELLANEOUS

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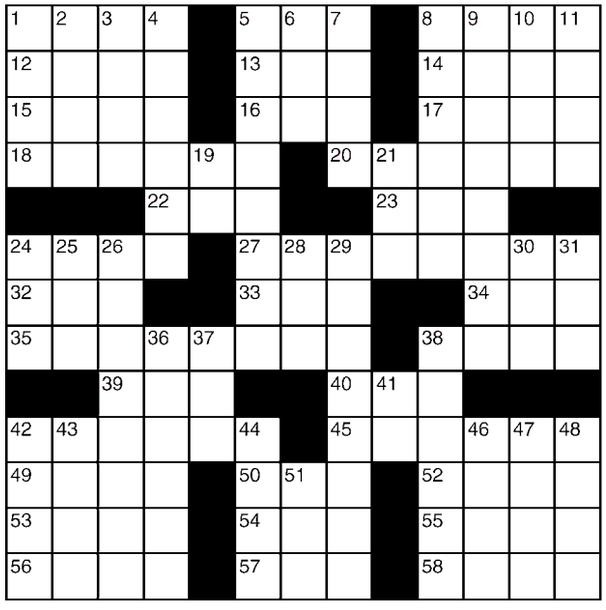
Crossword



Across

1 Money
5 Here (Fr.)
8 Off-key
12 Minstrel's instrument
13 — sequitur
14 Regarding
15 Met melody
16 Moment
17 Slave to crosswords?
18 Mimicry expert
20 "The Maltese Falcon" director
22 Enjoy Aspen
23 Sch. org.
24 — accompli
27 Pest
32 Possess
33 Larry King's former employer
34 Western st.
35 Paraphrases
38 Big rig
39 Levy
40 Pull along
42 Iced dessert
45 Rhododendron's kin
49 Hebrew month
50 "2001" computer
52 Snitched
53 "The Amazing —"
54 Under the weather
55 Maintain
56 Picnic invaders
57 One of the family
58 Squeezes (out)

Down

1 Applaud
2 Emanation
3 Use a teaspoon
4 San Simeon publisher
5 Natural aptitude
6 Miler Sebastian
7 Foot fraction
8 Cinco de Mayo party
9 Case
10 Italian river
11 Adolescent
19 Suitable
21 High points
24 Supporting
25 Shock and —
26 Teach
28 French article
29 Sets up for use, as software
30 Rotating part
31 Inventor Whitney
36 Restaurant furniture
37 Hatchet
38 Wrap
41 Wizard's place
42 Antitoxins
43 "The Good Earth" heroine
44 Anything but that
46 Glimpse
47 Model Macpherson
48 Tosses in
51 Will Smith biopic

▶ Yesterday's answer

B	A	K	E	■	J	A	W	■	A	G	E	S
A	L	A	N	■	E	C	O	■	V	A	L	E
G	A	N	G	S	T	E	R	■	I	N	M	E
S	W	E	A	T	■	■	D	R	A	G	O	N
■	■	■	G	U	R	U	■	E	N	L	■	■
H	U	G	E	■	O	N	C	E	■	I	M	P
U	S	A	■	C	O	D	A	S	■	E	A	U
B	E	N	■	E	K	E	S	■	F	R	O	G
■	■	G	A	S	■	R	E	E	L	■	■	■
C	A	L	L	T	O	■	■	G	O	N	N	A
O	L	I	O	■	G	A	N	G	W	A	Y	S
N	O	O	N	■	R	I	O	■	E	P	E	E
G	E	N	E	■	E	L	M	■	R	A	T	A

Sudoku

	8		7		4	2	3	
					3			8
6						7		5
	3		2			9	8	
				9				
	1	4			6		7	
3		1						6
5			8					
	4	7	6		9		2	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	3	1	9	7	5	2	6	8
9	7	8	6	2	3	5	4	1
2	6	5	1	8	4	3	9	7
8	2	7	3	9	1	6	5	4
5	1	4	2	6	8	7	3	9
3	9	6	4	5	7	8	1	2
6	5	2	8	4	9	1	7	3
7	4	3	5	1	2	9	8	6
1	8	9	7	3	6	4	2	5

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

coral olivos, As I gaze up into your eyes, two stars brown and bold, I can't help but notice all the warmth you truly hold. Through your eyes I see your soul, untouched and still whole. You love me, Already I know. Looking up into your eyes, makes me love you more and more each day. **MAMI**

E.L. It has already been half a year since we first dated, and I've enjoyed every single moment of it. I'm grateful that I have someone like you who cares so much for me. I love that you're always there, especially during the times where I need you the most. I hope we never grow apart. I love you, forever & always. **A.K.**

Leo, I have two eyes to see you, two arms to hold you, two ears to hear you ,two lips to kiss you but only one heart to love you! **DAISY**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You are in for some serious criticism today. Don't listen to it.

♉ Taurus April 21-May 21 Be careful who you confide in because if you reveal something embarrassing, soon everyone will know.

♊ Gemini May 22-June 21 You are no longer sure that what you are planning is such a good idea. It's a just a passing doubt.

♋ Cancer June 22-July 22 Chances are you will fall out with someone who does not share your outlook on life. But that's OK.

♌ Leo July 23-Aug.23 Don't allow yourself to be distracted by events that are likely to steer you away from your long-term goals.

♍ Virgo Aug. 24- Sept. 22 No matter how much you want to explain to certain people what you expect, they may not understand.

♎ Libra Sept. 23-Oct. 23 Someone you work with is harbouring a secret grudge against you.

♏ Scorpio Oct. 24-Nov. 22 If you take what someone tells you at face value today, you'll miss the more interesting half of the story.

♐ Sagittarius Nov. 23-Dec. 21 Think before you speak today: Sometimes words can be more dangerous than actions.

♑ Capricorn Dec. 22-Jan. 20 This is a great time of year for you, so don't hold back.

♒ Aquarius Jan. 21-Feb. 18 The only reason a colleague is being so critical of you is because they resent your success.

♓ Pisces Feb. 19-March 20. There's no need to kick yourself for failing to get around to completing a project. **SALLY BROMPTON**

Caption contest

HADI MIZBAN/ THE ASSOCIATED PRESS

ALVARO BARRIENTOS/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Meet Robin.

She is a PR student at USC, and one of our store employees. She loves snowboarding and thrift shopping. You'd probably never guess that she also broke her high school's pole vaulting record and speaks Dutch fluently. Robin is wearing the Spandex Jersey Sleeveless Turtleneck Crop Top and the Chiffon Double-Layered Shirred Waist Skirt.